

CLAIMS

We claim:

1. A central control unit for controlling one or more exercise devices, the central control unit comprising:
 - a receptacle that receives exercise programming, said exercise programming comprising (i) motivational content, and (ii) control signals synchronized with said motivational content; and
 - a transmitter supported by said receptacle, said transmitter delivering said programming to the one or more exercise devices.
2. The central control unit as recited in claim 1, wherein said control signals are delivered to the one or more exercise devices using a wireless technology.
3. The central control unit as recited in claim 1, wherein said control signals are delivered to the one or more exercise devices using a hardwire connected between the central control unit and the one or more exercise devices.
4. The central control unit as recited in claim 1, wherein said receptacle further comprises at least one storage medium, said at least one storage medium storing said exercise programming.

5. The central control unit as recited in claim 1, further comprising at least one input port, said input port receiving said exercise programming from a broadcast transmission device.

6. The central control unit as recited in claim 1, further comprising at least one input port, said at least one input port receiving said exercise programming by way of one of a USB, Firewire, Ethernet, serial, and SCSI communication protocol.

7. The central control unit as recited in claim 1, wherein each of the one or more exercise devices are selected from the group consisting of anaerobic exercise devices or aerobic exercise devices.

8. The central control unit as recited in claim 1, wherein said receptacle further comprises an input receptacle that receives at least one storage medium.

9. The central control unit as recited in claim 8, wherein said at least one storage medium comprises one or more of a magnetic storage medium, an optical storage medium, and a flash memory medium.

10. A central control unit for controlling one or more exercise devices through wireless control signals, the central control unit comprising:

a receptacle that supports at least one storage medium containing exercise programming, said exercise programming comprising (i) motivational content, and (ii) control signals synchronized with said motivational content; and

a wireless transmitter communicably connected with said at least one storage medium and receiving said exercise programming, said transmitter delivering said programming to the one or more exercise devices.

11. The central control unit as recited in claim 10, wherein said control signals are delivered to the one or more exercise devices using at least one of an infrared signal and a radio signal.

12. The central control unit as recited in claim 10, wherein said receptacle further comprises a base, a stand extending from said base, and a control panel mounted to said stand.

13. The central control unit as recited in claim 10, wherein said receptacle further comprises an input receptacle that receives said at least one storage medium.

14. The central control unit as recited in claim 13, wherein said at least one storage medium comprises one or more of a magnetic storage medium, an optical storage medium, and a flash memory medium.

15. The central control unit as recited in claim 13, wherein said at least one storage medium stores one or more MP3 audio files.

16. The central control unit as recited in claim 10, further comprising at least one input port, said input port receiving said exercise programming from a broadcast transmission device.

17. The central control unit as recited in claim 10, further comprising at least one input port, said at least one input port receiving said exercise programming from a computerized output device.

18. The central control unit as recited in claim 10, wherein said receptacle further comprises at least one of a USB port, a Firewire port, an Ethernet port, a serial port, or a SCSI port.

19. A central control unit for controlling one or more exercise devices through wireless control signals, the central control unit comprising:

a support structure that rests upon a support surface;

a control panel mounted to said support structure, said control panel comprising:

an input receptacle that receives at least one storage medium containing exercise programming, said exercise programming comprising (i) motivational content and (ii) control signals synchronized with said motivational content; and

a wireless transmitter communicably connected with said input receptacle and receiving said exercise programming from said at least one storage medium, said transmitter delivering said programming to the one or more exercise devices using a wireless carrier signal.

20. The central control unit as recited in claim 19, wherein said support structure comprises a base and a stand extending from said stand.

21. The central control unit as recited in claim 19, wherein said at least one input receptacle comprises at least one of a compact disc player, a videodisc player, a magnetic tape player, a flash memory player, an MP3 player.

22. The central control unit as recited in claim 19, wherein said control panel further comprises at least one input device and at least one output device.

23. The central control unit as recited in claim 22, wherein said at least one input device comprises at least one control that changes at least one operating parameter of the central control unit.

24. The central control unit as recited in claim 12, wherein said at least one output device comprises at least one visual display that depicts a visual representation of said exercise programming.

25. The central control unit as recited in claim 22, wherein said at least one output device comprises at least one audio device that broadcasts an audio portion of said exercise programming.

26. The central control unit as recited in claim 19, wherein said wireless carrier signal is a signal selected from the group consisting of an infrared signal or a radio signal.

27. The central control unit as recited in claim 19, wherein said at least one storage medium stores a plurality of exercise programming.

28. The central control unit as recited in claim 19, wherein said control panel further includes one or more controls that can be manipulated to select at least one exercise programming from said plurality of exercise programming.

29. The central control unit as recited in claim 19, further comprising at least one receiver, said at least one receiver receiving said exercise programming.

30. The central control unit as recited in claim 29, wherein said at least one receiver uses at least one of a USB, Firewire, Ethernet, serial, and SCSI communication protocol to receive said exercise programming.

31. The central control unit as recited in claim 29, wherein said at least one receiver receives broadcast signals from a broadcast transmission device.

32. The central control unit as recited in claim 19, wherein each of the one or more exercise devices is of a first type of exercise device, said first type of exercise device being selected from the group of aerobic exercise devices or anaerobic exercise devices.

33. The central control unit as recited in claim 19, wherein each of the one or more exercise devices is either a first type of exercise device or a second type of exercise device, said first type of exercise device and said second type of exercise device being selected from the group of aerobic exercise devices or anaerobic exercise devices.

34. The central wherein each of the one or more exercise devices is either a first type of exercise device or a second type of exercise device, said first type of exercise device and said second type of exercise device being selected from the group of a treadmill, an elliptical, a weight stack, or a bike.

35. In a computerized exercise environment including a central control unit and one or more exercise devices, a method of controlling the one or more exercise devices using wireless control signals, the method comprising:

receiving data that includes a motivational content portion and one or more control signals at the central control unit;

processing the received data at the central control unit to create a wireless signal compatible with the one or more exercise device and having the one or more control signals; and

transmitting the wireless signal from a wireless signal transmitter to at least one exercise device of the one or more exercise devices.

36. The method as recited in claim 35, wherein a processing component at the central control unit directs the motivational content portion through one or more audio processors at one or more audio output components.

37. The method as recited in claim 35, wherein the one or more control signals are transmitted through one of an infrared and a radio transmitter.

38. The method as recited in claim 35, further comprising receiving the transmitted one or more control signals at a receiver component on the exercise device.

39. The method as recited in claim 35, further comprising adjusting a mechanical component of the exercise device based on the received one or more control signals.

40. The method as recited in claim 39, further comprising receiving a first wireless control signal at a first exercise device, and receiving a second wireless control signal at a second exercise device, wherein the first and the second exercise devices perform a different function from each other.

41. The method as recited in claim 35, wherein the exercise device includes a transceiver, the method further comprising transmitting one or more signals from the exercise device back to the central control unit.

42. The method as recited in claim 41, wherein the central control unit provides the exercise device with a new wireless control signal based on the received signal.

43. The method as recited in claim 42, further comprising:
storing one or more of the signals;
processing the one or more signals; and
providing a user report, wherein the user report is based at least in part on one or more of the received signals.

44. The method as recited in claim 35, wherein receiving data further comprises receiving data from a broadcast transmission device.

45. The method as recited in claim 35, wherein receiving data further comprises receiving data from a storage medium.

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46. In a computerized exercise environment including a central control unit and one or more exercise devices, a method of controlling the one or more exercise devices using wireless control signals, the method comprising:

a step for receiving data that includes a motivational content portion and one or more control signals at the central control unit;

a step for processing the received data at the central control unit wherein at least one of the one or more control signals are converted into a wireless signal to be directed out of a transmitter; and

a step for transmitting the at least one converted control signal out of a wireless signal transmitter to an exercise device.

47. The method as recited in claim 46, further comprising a step for receiving the at least one converted control signal at a receiver component on the exercise device.

48. The method as recited in claim 46, further comprising a step for adjusting a mechanical component of the exercise device based on the at least one converted control signal.

49. The method as recited in claim 46, further comprising a step for receiving a first wireless control signal at a first exercise device, and a step for receiving a second wireless control signal at a second exercise device, wherein the first and the second exercise devices perform a different function from each other.

50. The method as recited in claim 46, wherein the exercise device includes a transceiver, the method further comprising a step for transmitting one or more signals from the exercise device back to the central control unit.

51. The method as recited in claim 50, wherein the central control unit provides the exercise device with a new wireless control signal based on the signal.

52. The method as recited in claim 51, further comprising:

- a step for storing one or more of the signals;
- a step for processing the one or more signals; and
- a step for providing a user report, wherein the user report is based at least in part on one or more of the received signals.

53. A control signal for controlling one or more exercise devices over a wireless communication medium through a central control unit, the control signal carrying data comprising:

a first data field defining a first operating parameter value for one of one or more operating parameters of an exercise device;

a second data field defining a second operating parameter value for another of said one or more operating parameters of the exercise device;

a third data field identifying an exercise device type; and

a fourth data field defining a checksum of said first data field and said second data field, said checksum configured to be used by the exercise device for error detection of the first operating parameter value and the second operating parameter value.

54. The infrared control signal as recited in claim 53, wherein the control signal carries data that are one of digital and analog information.

55. The infrared control signal as recited in claim 54, wherein the signal is sent through a transmitter component of a transceiver at a central control unit, and wherein the sent signal is received through a receiver component of a transceiver at an exercise device.

56. The infrared control signal as recited in claim 53, wherein said exercise device type is selected from a group consisting of an aerobic exercise device or an anaerobic exercise device.

57. The infrared control signal as recited in claim 53, wherein said exercise device type is selected from a group consisting of a treadmill, a bicycle, a weight machine, or an elliptical.

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